



What Every Consumer Should Know:

Preventing Medication Errors

Adverse drug reactions cause hospitalizations and deaths every year. *Keep a list of your medications with you.* Log onto **www.cahd.org** for a sample medication record form.

- **Make sure all members of your health care team know about** every prescription, over-the-counter medication, herb and supplement you are taking. Tell every doctor you see what medications you are taking, even if he/she doesn't ask.
- Ask your physician or nurse practitioner to write **the reason for the medication** (indication) directly on the prescription.
- **Be sure you can read the prescription** your physician has written.
- If possible, **use only one pharmacy** for all of your prescription medications so that all of your records are at one location. If you are using a **mail order pharmacy**, be sure to notify your local pharmacist of all the medicines you order.
- When you pick up your prescription, **ask your pharmacist these three questions:**
 1. Is this the medicine and dose that my doctor prescribed?
 2. What do the directions mean? Ask about abbreviations such as b.i.d., p.o. or h.s. if you do not understand them.
 3. Will this medication my doctor pre-scribed have a negative interaction with other medications I'm currently taking? Share your medication list if necessary.

